BTEC Assignment Brief

Qualification	BTEC International Level 3 Foundation Diploma in Esports BTEC International Level 3 Diploma in Esports BTEC International Level 3 Extended Diploma in Esports
Unit number and title	**17**: Nutrition for Esports Performance
Learning aims	**A** Examine concepts of nutrition, hydration and diet **B** Explore energy intake and expenditure for esports performance **C** Produce a diet and hydration plan to support an esports player, meeting the demands of a balanced lifestyle.
Assignment title	Live Well, Play Well!
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	Your college wants to raise awareness of the importance of nutrition to its esports players and to ensure that they understand how their diet and energy usage will enable them to perform to their best. They are planning a conference called *Live Well, Play Well!* and they have asked you to be one of the presenters at this event. Your presentation topic is 'Nutrition Brings Fruition'.

Task 1	The first part of your presentation should evaluate the nutritional, hydration and energy needs of a professional esports player and how these areas relate to each other. In your presentation you should evaluate: • the various sources of nutrition and how these can impact on the esports player in both positive and negative ways • the importance of a balanced diet to an esports player and how this can be informed by government guidelines such as Recommended Daily Allowance (RDA), Optimum daily Intake (ODI) etc. • how fluid intake and different sources of fluid can affect esports performance in both positive and negative ways • how energy is absorbed and used and how this can maximise esports performance • the short- and long-term risks of a nutrition, hydration or energy imbalance for an esports player You must support your evaluation with examples and case studies to illustrate your points and you should draw evidence from both amateur and professional players.
Checklist of evidence required	● Presentation in an appropriate format e.g. written report,

	annotated slide deck with notes, filmed presentation

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
17/AB.D1	Evaluate nutritional, energy and hydration needs for a professional esports player and the risks of imbalance.
17/A.M1	Analyse the relationship between nutrition, hydration, diet and the impact on esports performance.
17/B.M2	Analyse energy intake, expenditure and balance in esports performance.
17/A.P1	Explain concepts of a balanced diet and sources of nutrition from recommended guidelines.
17/A.P2	Explain hydration and its effects on esports performance.
17/B.P3	Explain energy intake, expenditure and balance in esports performance.

Task 2	In the second part of your presentation, you need to present a case study of a two-week diet and hydration plan that you have produced and undertaken with a specific esports player, which could be one of your peers. To generate the required information for your case study, you should plan and then carry out a nutritional assessment on your selected player to determine what their current approach to diet and hydration is. This might involve but is not limited to: • food and hydration diary • body composition assessment • physical activity levels • health issues • dietary requirements You should use your findings from this initial assessment to develop your two-week diet and nutrition plan to help your chosen player meet their aims. You should justify your choices and recommendations based on your initial assessment. Your plan should be evidence based and clearly justify the benefits it will have for the player if followed.
Checklist of evidence required	• Case study which includes initial assessment methodologies and two-week diet and hydration plan with justifications

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
17/C.D2	Justify the two-week diet and hydration plan for a selected esports player.
17/C.M3	Plan an effective and detailed two-week diet and hydration plan for a selected esports player based on initial nutritional assessment findings.
17/C.P4	Perform a nutritional assessment for a selected esports player.
17/C.P5	Plan an appropriate two- week diet and hydration plan for a selected esports player

Sources of information to support you with this Assignment	**Journals** International Journal of Sports Nutrition Journal of Nutrition Journal of Sports Nutrition **Websites** British Association of Sport and Exercise Sciences - www.bases.org.uk Institute of Food Research - www.ifrn.bbsrc.ac.uk